

## South Asian Mental Health Agencies in the United States

<b>ALABAMA</b>		
<b>AshaKiran</b>	Services	24 hour crisis line, emergency shelter, case management, advocacy, interpretation services, translations services, counseling, referrals, and transportation. 24 hour Hopeline: (256)-509-1882 and Toll free Crisis line: (800)-793-3010
	Website	<a href="http://ashakiran.com/">http://ashakiran.com/</a>
	Email	<a href="mailto:info@ashakiranonline.org">info@ashakiranonline.org</a>
<b>ARIZONA</b>		
<b>Arizona South Asians For Safe Families (ASAFSF)</b>	Services	Domestic violence advocacy, translation services, transportation, immediate financial assistance for emergency situations, legal resources, shelter connection, and helping South Asians navigate through the system.
	Website	<a href="http://asafsf.org">http://asafsf.org</a>
	Email	<a href="mailto:info@asafsf.org">info@asafsf.org</a>
<b>CALIFORNIA</b>		
<b>South Asian Community Health Promotion Services (SACHPS) at Portia Bell Hume Behavioral Health and Training Center</b>	Services	Prevention and early intervention services for individuals, couples, and families; Support group and workshops. Culturally sensitive services available in many South Asian languages.
	Website	<a href="http://www.humecenter.org/south-asian-community-health-promotion-services">http://www.humecenter.org/south-asian-community-health-promotion-services</a>
	Email/Phone	(510) 745-9151
<b>Maitri</b>	Services	Supporting South Asian women experiencing domestic abuse, cultural displacement, or unresolved conflict. Provides referrals to mainstream organizations, information and informal peer counseling, free transportation, translation/interpretation services, assisting the women to write their resumes, apply for jobs and look for places to live, provide grants and loans to women in need for legal, counseling, rental and living expenses as well as for school tuition and driving lessons, and transitional housing.
	Website	<a href="http://maitri.org/">http://maitri.org/</a>
	Email/Phone	<a href="mailto:maitri@maitri.org">maitri@maitri.org</a> Toll Free Helpline: 1-888-8MAITRI (1-888-862-4874) Local Helpline: 1-408-436-8398 Live Helpline Hours: 9am – 1pm (PST)
<b>Narika</b>	Services	Toll-free helpline for South Asian women experiencing domestic abuse, providing clients with legal, housing, counseling, benefits, job referrals, and interpretation services; servings as accompaniments for clients; SEED program

## South Asian Mental Health Agencies in the United States

		created to help clients establish economic independence and self-reliance; and support groups.
	Website	<a href="http://narika.org/">http://narika.org/</a>
	Email/Phone	narika@narika.org 1-800-215-7308 or 1-510-444-6048
<b>Sahara</b>	Services	Provides survivors of abuse with shelter, legal services, and counseling. Support for South Asian older adults include specialized care management, assistance with navigating the health, public benefits systems, essential mental health support, and community linkages. Summer programs for youth to develop tools on how to be agents of change.
	Website	<a href="http://www.saharacares.org/">http://www.saharacares.org/</a>
	Email/Phone	info@saharacares.org 24 Hour Toll-Free Helpline: 1-888-SAHARA2 (1-888-724-2722)
<b>South Asian Network (SAN)</b>	Services	Provides free to low-cost individual, group, family, and couples counseling for adults and children. Education, case management, and advocacy for survivors of abuse. Health access and addressing civil rights for community members.
	Website	<a href="http://southasiannetwork.org/">http://southasiannetwork.org/</a>
	Email	saninfo@southasiannetwork.org
<b>MySahana</b>	Services	Reducing mental health stigma and increasing mental health awareness by providing educational workshops and information about emotional health issues and culturally sensitive coping strategies.
	Website	<a href="http://mysahana.org/">http://mysahana.org/</a>
	Email	mysahana@mysahana.org
<b>Trikone</b>	Services	Provides an empowering environment, awareness, visibility, and resources (i.e. legal, health, education) for LGBTQ South Asians and their allies
	Website	<a href="http://www.trikone.org/">http://www.trikone.org/</a>
	Email	contact@trikone.org
<b>Satrang</b>	Services	Provides awareness for South Asian LGBTQ-identified individuals through social, advocacy-related events, and educational events.
	Website	<a href="http://satrang.org/">http://satrang.org/</a>
	Email	contact@satrang.org
<b>CONNECTICUT</b>		
<b>Sneha, Inc.</b>	Services	Supports South Asian women survivors of domestic violence by providing referrals to mental health therapist, physicians, and attorney; network with community agencies on behalf of their clients; help finding native- language speakers to serve as confidential liaison between client and community.
	Website	<a href="http://sneha.org/">http://sneha.org/</a>

## South Asian Mental Health Agencies in the United States

	Email/Phone	sneha@sneha.org 24 hour confidential helpline support: 1-800-58-SNEHA
<b>GEORGIA</b>		
<b>Raksha, Inc.</b>	Services	Provides crisis intervention, employment and educational services, individual and family counseling, referrals, legal and victim advocacy, interpretation and translation services, monthly support groups, and peer support for South Asian survivors of violence
	Website	<a href="http://www.raksha.org/">http://www.raksha.org/</a>
	Email	raksha@raksha.org
<b>ILLINOIS</b>		
<b>Apna Ghar, Inc</b>	Services	Provides safe housing, counseling, legal advocacy, supervised visitation and safe exchange, case management, and policy advocacy for survivors of violence.
	Website	<a href="http://www.apnaghar.org/">http://www.apnaghar.org/</a>
	Email/Phone	INFO@APNAGHAR.ORG 24 hour crisis line (773) 334-4663 OR 1-800 717-0757 for out of state calls
<b>Hamdard Healthcare</b>	Services	Provides individual psychotherapy, group therapy, substance abuse counseling, crisis intervention, psychiatric evaluation, medication, management/monitoring, mental health assessment, comprehensive psychological evaluation for: medical certification for disability exception (N-648) and U-Visa.
	Website	<a href="http://www.hamdardcenter.org/">http://www.hamdardcenter.org/</a>
	Email	main@hamdardcenter.org
<b>Trikone Chicago</b>	Services	Provides an empowering environment, awareness, visibility, and resources (i.e. legal, health, education) for LGBTQ South Asians and their allies.
	Website	<a href="https://www.trikonechicago.org/">https://www.trikonechicago.org/</a>
	Email	support@trikonechicago.org
<b>MARYLAND</b>		
<b>Asha for Women</b>	Services	Provides career counseling, employment advice, volunteer advocate support, connecting to resources, and free confidential helpline for South Asian women experiencing domestic violence.
	Website	<a href="http://ashaforwomen.org/">http://ashaforwomen.org/</a>
	Email/Phone	coordinator@ashaforwomen.org Free and confidential helpline 1-888-417-2742
<b>CHAI (Counselors Helping (South))</b>	Services	Provides referrals for mental health service, working with local crisis intervention agencies to provide assistance to South Asian clients, resources for crisis intervention and social

## South Asian Mental Health Agencies in the United States

<b>Asians/Indians, Inc.)</b>		services, assistance for mentoring South Asian youth, and community outreach for the South Asian community.
	Website	<a href="http://probonocounseling.org/special_programs/CHAI">http://probonocounseling.org/special_programs/CHAI</a>
	Phone	(410) 825-1001 (877) 323-5800 (301) 805-8191
<b>MASSACHUSETTS</b>		
<b>Saheli</b>	Services	Provides mental health resources, safety planning, educational programs, legal and immigration support, interpretation and translation for police and court, and economic empowerment for South Asian women and their families.
	Website	<a href="http://saheliboston.org/">http://saheliboston.org/</a>
	Email/Phone	info@saheliboston.org Saheli Helpline: 1-866-472-4354
<b>SanghWE</b>	Services	Provides access to affordable psychological services for South Asian survivors of gender-based violence in the US, India, and other South Asian countries.
	Website	<a href="http://sanghwe.com">http://sanghwe.com</a>
	Email	info@sanghwe.com
<b>Asian Task Force Against Domestic Violence</b>	Services	Emergency shelter, crisis intervention, legal advocacy, safety planning, medical/healthcare advocacy, housing advocacy, referrals, and life skills for East Asian, South, and Southeast Asian communities.
	Website	<a href="http://www.atask.org/site/">http://www.atask.org/site/</a>
	Email/Phone	info@atask.org 24 Hour Multilingual Hotline: (617)338-2355
<b>Asian Mental Health Program - Cambridge Health Alliance</b>	Services	Provides counseling for South Asian community
	Website	<a href="https://www.challiance.org/cha-services/specialty-services">https://www.challiance.org/cha-services/specialty-services</a>
	Phone	(617) 591-6420
<b>MICHIGAN</b>		
<b>Michigan Asian Indian Family Center (MAIFS)</b>	Services	Provides crisis intervention and preventive services for South Asian community. Counseling available for abuse, substance abuse, marriage, grief, etc. Interpretation and assistance with legal matters and referrals to emergency shelters, psychologists, physicians, immigration lawyers, social services, employment assistance available for the South Asian community.
	Website	<a href="https://www.maifs.org/AboutUs.aspx">https://www.maifs.org/AboutUs.aspx</a>
	Email/Phone	info@maifs.org Helpline: 1-888-664-8624
<b>MINNESOTA</b>		
	Services	Dedicated to improving family wellness for the Asian Indian and South Asian community. They have the following

## South Asian Mental Health Agencies in the United States

<b>Sewa - Aifw (Asian Indian Family Wellness)</b>		programs: Health initiatives, Senior's programs Women's program, and Bhutanese refugee youth program.
	Website	<a href="mailto:raj@sewa-aifw.org">raj@sewa-aifw.org</a>
	Email/Phone	<a href="https://www.sewa-aifw.org/">https://www.sewa-aifw.org/</a> 24x7: Crisis Line (952) 912 - 9100
<b>AshaUSA</b>	Services	Mental Health Matters: mental health awareness; senior and youth program for the South Asian community.
	Website	<a href="https://givemn.org/organization/ashausa-471249921">https://givemn.org/organization/ashausa-471249921</a>
	Email	<a href="mailto:kpuram@gmail.com">kpuram@gmail.com</a>
<b>MISSOURI</b>		
<b>Saweraa</b>	Services	Counseling, referrals, victim advocacy, case management service, legal advocacy services, and personal support program for the South Asian community.
	Website	<a href="http://saweraastl.org/">http://saweraastl.org/</a>
	Email/Phone	<a href="mailto:info@saweraastl.org">info@saweraastl.org</a> 24/7 Helpline: 314-435-3722
<b>NEW HAMPSHIRE</b>		
<b>Saheli</b>	Services	Provides mental health resources, safety planning, educational programs, legal and immigration support, interpretation and translation for police and court, and economic empowerment for South Asian women and their families.
	Website	<a href="http://saheliboston.org/">http://saheliboston.org/</a>
	Email/Phone	<a href="mailto:info@saheliboston.org">info@saheliboston.org</a> Saheli Helpline:1-866-472-4354
<b>NEW JERSEY</b>		
<b>Manavi</b>	Services	Provides crisis intervention, advocacy, culturally sensitive counseling, court and medical accompaniment, women's support group, legal clinic and referrals, immigration relief and gender asylum, interpreter services, economic empowerment, safe home, transportation, and training assistance for South Asian survivors of violence.
	Website	<a href="http://www.manavi.org/home.html">http://www.manavi.org/home.html</a>
	Phone	24 hours Hotline: 1-732-435-1414
<b>SAMHAJ (NAMI, New Jersey)</b>	Services	Provides education, support groups, and advocacy for South Asian dealing with mental illness.
	Website	<a href="https://www.naminj.org/programs/multicultural/samhaj/">https://www.naminj.org/programs/multicultural/samhaj/</a>
	Email	<a href="mailto:samhaj@naminj.org">samhaj@naminj.org</a>
<b>South Asian Mental Health Initiative and Network</b>	Services	Decrease mental health stigma and shame and offers resources for South Asians seeking mental health services; free South Asian Alcoholics Anonymous (AA) meetings in Central New Jersey.
	Website	<a href="https://samhin.org/">https://samhin.org/</a>
	Email	<a href="mailto:info@samhin.org">info@samhin.org</a>

## South Asian Mental Health Agencies in the United States

<b>NEW YORK</b>		
<b>Saathi of Rochester</b>	Services	Provides crisis intervention, safety planning, immigration service, legal assistance & court accompaniment, safe housing & resettlement assistance, education & career counseling, financial counseling, advocacy, and referrals for South Asian community members experiencing domestic violence.
	Website	<a href="https://www.saathiofrochester.org/">https://www.saathiofrochester.org/</a>
	Email/Phone	saathi_rochester@yahoo.com Help line (585)-234-1050
<b>Sakhi for South Asian Women</b>	Services	Provides domestic violence and sexual assault services, crisis intervention, emotional support, referrals to short- and long-term counseling, crisis intervention, legal support, translation assistance, youth empowerment program, low-cost or free health consultations/exams, and economic empowerment program for South Asian women survivors of domestic violence.
	Website	<a href="http://www.sakhi.org/">http://www.sakhi.org/</a>
	Email/Phone	contactus@sakhi.org Helpline: (212) 868-6741
<b>Islamic Center of Long Island</b>	Services	Confidential counseling services
	Website	<a href="http://www.icliny.com/islamic-counseling-on-long-island-new-york/">http://www.icliny.com/islamic-counseling-on-long-island-new-york/</a>
	Email/Phone	info@childrenofadam.us or call the ICLI main office at (516) 333-3495
<b>Domestic Harmony Foundation</b>	Services	Support groups. individual counseling, emotional support, evaluations, youth counseling, pre-marital counseling, advocacy, referrals for financial assistance, referrals for legal services, legal consultation, and interpretation services for South Asian, Middle Eastern, and Muslim women who are experiencing domestic violence in Long Island.
	Website	<a href="http://dhfny.org/">http://dhfny.org/</a>
	Email/Phone	info@dhfny.org Helpline: (516) 385-8292
<b>Desi Rainbow Parents/API Rainbow Parents of PFLAG NYC</b>	Services	Provides support groups and safe space for South Asian and Asian-Pacific Islander (API) families and LGBT youth and adults.
	Website	<a href="http://www.pflagnyc.org/">http://www.pflagnyc.org/</a>
	Email	desirainbowparents@gmail.com
<b>SALGA NYC</b>	Services	Provides support groups for South Asian individuals who identify as queer and it provides a safe space for South Asian of all sexual and gender identities.
	Website	<a href="http://www.salganyc.org/">http://www.salganyc.org/</a>
	Email	salganyc@gmail.com

## South Asian Mental Health Agencies in the United States

<b>Sapna NYC</b>	Services	Asha Depression Treatment program which provides psychoeducation and strategies for South Asian women.
	Website	<a href="http://sapnanyc.org/">http://sapnanyc.org/</a>
	Email	<a href="mailto:info@sapnanyc.org">info@sapnanyc.org</a>
<b>Turning Point for Women and Families</b>	Services	Crisis intervention, individual counseling, support groups, mentoring teenage girls, referrals to legal services and advocacy for Muslim and girls who have affected by domestic violence.
	Website	<a href="http://tpny.org/">http://tpny.org/</a>
	Email	<a href="mailto:info@tpny.org">info@tpny.org</a>
<b>NORTH CAROLINA</b>		
<b>Kiran, Inc</b>	Services	Provides safety planning, translation assistance, secure housing, empowerment, resource referrals, secondary family services, and client advocacy for South Asians experiencing domestic violence.
	Website	<a href="https://www.kiraninc.org/">https://www.kiraninc.org/</a>
	Email/Phone	<a href="mailto:kiran@kiraninc.org">kiran@kiraninc.org</a> 24-hour crisis line: 1-877-625-4726
<b>OHIO</b>		
<b>ASHA-Ray of Hope</b>	Services	Provides safety-planning, case management, advocacy in court and legal services, survivor support group, interpretation services, assistance in accessing services (counseling, housing, etc.) for South Asian individuals and families experiencing domestic violence.
	Website	<a href="http://asharayofhope.org/">http://asharayofhope.org/</a>
	Email/Phone	<a href="mailto:asharayofhope@sbcglobal.net">asharayofhope@sbcglobal.net</a> 24x7HELP LINE: 614.565.2918
<b>OREGON</b>		
<b>South Asian Women's Empowerment and Resources Alliance (SAWERA)</b>	Services	Counseling, victim advocacy, referrals, case management, legal advocacy, and personal support program for South Asian women.
	Website	<a href="http://saweraastl.org/">http://saweraastl.org/</a>
	Email/Phone	<a href="mailto:info@saweraastl.org">info@saweraastl.org</a> 24/7 free helpline: 314-435-3722
<b>Asha International-SAATHI</b>	Services	South Asian mental health outreach program to increase awareness about mental health and improve access to mental health services for the South Asian community.
	Website	<a href="https://myasha.org/programs/saathi/">https://myasha.org/programs/saathi/</a>
	Email	<a href="mailto:saathi@myasha.org">saathi@myasha.org</a>
<b>TEXAS</b>		
<b>Daya Houston</b>	Services	Crisis intervention, counseling and groups, short- and long-term advocacy, referrals, translation & interpretation services,

## South Asian Mental Health Agencies in the United States

		legal advocacy, housing assistance, and limited financial assistance for South Asian women, their children and families who are experiencing abuse.
	Website	<a href="https://www.dayahouston.org/">https://www.dayahouston.org/</a>
	Email/Phone	Office Phone number: (713) 842-7222 HELPLINE (713) 981-7645
<b>CHETNA</b>	Services	Case management, client education, contracted therapy program, support groups, emergency loan program, and flexible transitional housing program for South Asians experiencing domestic violence.
	Website	<a href="http://www.chetna-dfw.org/">http://www.chetna-dfw.org/</a>
	Email/Phone	chetna@chetna-dfw.org Helpline: 1-888-924-3862 (M-F, 8:30am to 5:00pm)
<b>An-Nisa Hope Center</b>	Services	Crisis intervention, counseling, legal assistance, support services, classes, and food pantry for the Muslim community
	Website	<a href="https://www.annisahopecenter.org/">https://www.annisahopecenter.org/</a>
	Email/Phone	annisahopecenter@gmail.com Helpline: (832) 324-9111; 9AM to 6PM Monday- Saturday
<b>Asian Family Support Services of Austin (AFSSA)</b>	Services	Crisis intervention, case management, advocacy for legal and immigration matters, individual and group counseling and hotline services, and basic needs assistance for survivors of gender-based violence.
	Website	<a href="http://www.afssaustin.org/">http://www.afssaustin.org/</a>
	Email/Phone	info@afssaustin.org Helpline: 1-877-281-8371
<b>WASHINGTON</b>		
<b>API Chaya</b>	Services	Survivor support services, support groups for survivors of sexual abuse/assault and human trafficking, and referrals for housing, legal and immigration assistance, mental health, food, and financial assistance programs for South Asian, Asian, Pacific Islander, and other immigrant communities. Website:
	Website	<a href="https://www.apichaya.org/">https://www.apichaya.org/</a>
	Email/Phone	info@apichaya.org Helpline: 1-877-922-4292/206-325-0325 Helpline Hours: Monday-Friday 10am-4pm
<b>Trikone</b>	Services	Provides an empowering environment, awareness, visibility, and resources (i.e. legal, health, education) for LGBTQ South Asians and their allies.
	Website	<a href="http://www.trikonenw.org/#portfolioModal3">http://www.trikonenw.org/#portfolioModal3</a>
	Email	trikonenorthwest@gmail.com
<b>WASHINGTON D.C.</b>		
<b>KhushDC</b>	Services	Provides support groups and safe environment for South Asian LGBTQ and additional gender or sexual minority.



## South Asian Mental Health Agencies in the United States

	Website	<a href="http://www.khushdc.org">http://www.khushdc.org</a>
	Email	<a href="mailto:board@khushdc.org">board@khushdc.org</a>
<b>UNITED STATES</b>		
<b>DeQH</b>	Services	Desi LGBTQ Helpline for South Asians
	Website	<a href="http://www.deqh.org/">http://www.deqh.org/</a>
	Email/Phone	908-367-3374 Thursdays, 8-10 PM Eastern (5-7 PM Pacific) Sundays, 8-10 PM Eastern (5-7 PM Pacific)
<b>MannMukti</b>	Services	Decrease mental health stigma in the South Asian community.
	Website	<a href="https://www.mannmukti.org/">https://www.mannmukti.org/</a>
	Email	<a href="mailto:info@mannmukti.org">info@mannmukti.org</a>
<b>I-AM SHAKTI</b>	Services	Social justice movement to support South Asian Americans facing mental health challenges and share their stories.
	Website	<a href="https://www.iamshakti.org/">https://www.iamshakti.org/</a>
	Email	<a href="mailto:coreorganizers@i-amshakti.org">coreorganizers@i-amshakti.org</a>

